



# VERMONT WIC Program & Food Guide

Effective October 2016

**WIC** WOMEN  
INFANTS  
CHILDREN  
VERMONT DEPARTMENT OF HEALTH

# WIC provides healthy food, and a whole lot more...

Including nutrition education, breastfeeding support, and referrals to health care and other community programs. You can trust WIC to be your family's nutrition expert during important periods of growth and development, like pregnancy, infancy and early childhood.

The full range of WIC's nutrition resources and benefits are available starting in pregnancy and continuing until your child's 5th birthday. When you choose WIC for your family, you'll get the support you need to give your child the best possible start in life. And, kids who stick with WIC until age 5 grow healthy, happy and smart.

Learn more at [healthvermont.gov/wic](http://healthvermont.gov/wic)



Healthy Foods



Nutrition Education



Breastfeeding Support



Healthcare Referrals  
& Community Programs

# Program Guide

Healthy Foods	2
Nutrition Education	3
Breastfeeding Support	4
Healthcare Referrals & Community Programs	5
Renewing Your Benefits	6
Join wichealth.org	7
Rights, Responsibilities and Privacy	8

# Food Guide

<b>Tips for Shopping with WIC</b>	<b>11</b>	<b>Whole Grains</b>	<b>24</b>
		Whole Grain Bread	
		Tortillas	
		Brown Rice	
		Whole Wheat Pasta	
<b>Fruits &amp; Vegetables</b>	<b>14</b>		
<b>Dairy</b>	<b>18</b>	<b>Cereals</b>	<b>28</b>
Eggs		Cold Cereal	
Milk		Hot Cereal	
Cheese			
Tofu		<b>Juice</b>	<b>32</b>
Soymilk Beverage		For Kids	
Yogurt		For Women	
<b>Proteins</b>	<b>22</b>	<b>Infant Foods</b>	<b>34</b>
Beans, Lentils, Peas		Infant Fruits & Vegetables	
Peanut Butter		Infant Cereal	
Canned Fish		Infant Meats	
		Infant Formula	



## Healthy Foods

As part of WIC you'll receive a monthly food benefit, with healthy choices for each person in your family enrolled in WIC. Your WIC food benefits change, depending on whether you are pregnant or breastfeeding, and the age of your infant or child. WIC foods supplement the other foods you buy, and provide key nutrients to help you and your children grow at each stage of development.

WIC foods are purchased using the eWIC card at authorized grocery stores around the state. You can shop at the major grocery stores as well as many local smaller grocery stores and some co-ops. Your eWIC card works just like a debit card, but for WIC foods. At the beginning of every month, WIC food benefits are automatically deposited into your eWIC account. Every time you purchase a WIC-approved food item with your eWIC card, that item will be subtracted from your monthly balance.

### eWIC allows you to:

- Shop where and when it's convenient for you.
- Select from wide variety of WIC-approved foods.
- Buy your WIC foods throughout the month, whenever you need them.







## Nutrition Education

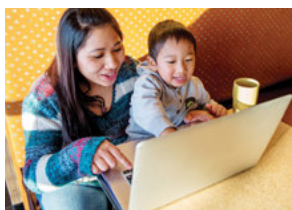
Nutrition education is one of WIC's most important benefits. Completing at least two nutrition education activities each year (in between your regular WIC appointments) is a requirement of WIC. You choose the nutrition education option that matches your learning style, interests and schedule.

There are three basic types of WIC Nutrition Education activities:



### Group Activities

Pick from the list of activities your Local WIC Office provides each month. Visit your Local WIC Office's Facebook or web page, or call to find out what's happening in your area.



### Online Learning

Use a computer or your smartphone! **WICHealth.org** is WIC's online nutrition education resource. Choose from a variety of topics and lessons when it's convenient for you.



### In-Person Counseling

Talk with your WIC nutritionist about nutrition goals that are important to you. Make an appointment to fit your schedule, or talk by phone.



## Breastfeeding Support

**You Can Do It! Plan for your breastfeeding success.**

**Learn about breastfeeding.** Read. Attend classes. Talk to your WIC Breastfeeding Peer Counselor and other breastfeeding supporters.

**Enlist help and plan ahead.** Share plans with your family and friends. Work with your doctor and employer to get the support and help you need to be successful.

**Be confident.** Most moms make the right amount of milk for their babies. Your milk is perfect for your baby at every stage of development.

### WIC Can Help! We're here to help moms succeed.

You already know that breastfeeding is best for you and your baby. Did you know that 90% of Vermont moms start breastfeeding? Vermont WIC offers many services to help you succeed with your breastfeeding goals. Whether you're looking for support as you and your baby learn to breastfeed, or as you prepare to go back to work, you can rely on WIC to help you every step of the way.

- Extra WIC foods for breastfeeding moms
- Breastfeeding peer counselors
- Referrals to community lactation consultants and other support services
- Breast pumps
- Breastfeeding groups and classes

### Knowledge + Support + Confidence = Success

“It was helpful knowing I had support at WIC when I needed it”



## Healthcare Referrals & Community Programs

WIC is an important part of your community. Your Local WIC Office is well-connected to healthcare providers, community organizations and other partners. WIC can help you access a wide variety of programs and services, such as:

- Pregnancy and pediatric care
- Finding a dentist
- Help quitting smoking
- Drug and alcohol abuse counseling
- Immunizations
- Other programs including Home Visiting, Head Start, and 3SquaresVT



**WIC2Five**

### Mobile Support

Sign up for WIC2Five, Vermont WIC's text message service. Get weekly health and nutrition tips, appointment reminders and more!

Signing-up is easy. Just call your Local WIC Office for instructions.

# Renewing Your Benefits

In order to maintain your WIC benefits and keep your eWIC card active, you need to connect with WIC 4 times a year.

**Your food benefits will be renewed for 3 months, after completing each WIC Appointment and WIC Nutrition Education Activity.**

## ✓ Attend a **WIC Appointment** twice each year

During your WIC appointment we will:

- Review and document your income (once a year), identification and Vermont residency.
- Weigh and measure each family member enrolled in WIC.
- Screen for anemia (once a year).
- Talk with you about your nutrition interests and goals.
- Connect you with other health and community services.

## AND

## ✓ Complete a **WIC Nutrition Education Activity** twice each year

In between each WIC appointment, choose an activity from the list your Local WIC Office provides. For example, you can:

- Attend a cooking class, supermarket tour, or “Baby Behavior” talk.
- Learn online with **WICHealth.org**. See page 7 to sign up.
- Talk in-person or by phone with a WIC nutrition professional.





## Do your nutrition education online!

You'll need your 6 digit WIC household ID number to create an account the first time you visit the site. If you don't have this, call your Local WIC Office.

### Step 1: Set up your account

- Click the "Sign Up" button
- Select Vermont as your State
- Choose your Agency  
(Agency = your Local WIC Office)
- Choose your Clinic  
(Clinic = your Local WIC Office)
- Enter your 6 digit WIC household ID (My number is: \_\_\_\_\_)
- Choose a username and password, enter your email and answer to a security question. You may want to write these down so you remember them.
- Click "Register"
- Enter information about you and your child

### Step 2: Complete a Lesson

- Click "Start Lesson"  
**Example lessons:**
  - Eat Well – Spend Less!
  - Preparing for a Healthy Pregnancy
  - Starting Your Infant on Solid Foods
  - Make Meals and Snacks Simple
  - Secrets for Feeding Picky Eaters
- Follow instructions to complete lesson
- Answer End of Lesson questions
- Click "Submit" to receive your certificate - it will also be sent to your Local WIC Office

### Step 3: Visit often

#### **Any day, any time:**

- Find and complete lessons anywhere you have internet access
- Use a computer or your smartphone
- Lessons count as your nutrition education activity

## What families are saying...

"Awesome website!! Lots of great information and very easy to follow"

"I can learn at my own pace, in the comfort of my own home."

"I like that I get to choose the topic, and that I can do it anytime day or night."

# Participant Rights and Responsibilities and Notice of Privacy Practices

## **As a Vermont Women, Infants, and Children (WIC) Program participant, I understand the following:**

1. WIC Certification periods vary by participant type:
  - a. pregnant women, until six weeks post-partum;
  - b. infants/breastfeeding women, through the month of the infant's first birthday;
  - c. children, for twelve month periods up to age five years; and
  - d. non-breastfeeding women, through six months post-partum.
2. When my and/or my child(ren)'s certification period ends, WIC Program benefits also end.
3. I will receive information about nutrition and health, including nutrition education, breastfeeding support, WIC foods, and referrals to other health services.
4. To continue my WIC benefits, I must attend all certification and nutrition education appointments.
5. I have the right to have information I give to the WIC program treated as confidential.

I understand that WIC participant information may be shared with the following programs: Home Visiting Programs, Foster Parent Services, Immunizations, and Pregnancy Risk Assessment Monitoring System (PRAMS). A separate Release of Information is required for WIC to share information with any other entity.

6. The Vermont Commissioner of Health may authorize use and disclosure of information about my participation in WIC for non-WIC purposes. Such information will be used by state and Local WIC Offices and the programs listed above ONLY for program administration, coordinating benefits with other programs and improving WIC services and activities.
7. Race/ethnicity information is

collected for statistical reporting requirements only and does not affect my participation in the WIC Program. Standards for eligibility and participation in the WIC Program are the same for everyone, regardless of race, color, national origin, age, handicap, or sex.

8. WIC staff may verify information I have provided. If I provide false information, I may not get WIC benefits; I may have to pay back money for WIC foods already purchased; and I may be prosecuted under state and federal law.
9. If I move out of Vermont I can request a Verification of Certification (VOC) to access WIC benefits in the new state.

## **WIC Program Participant Rights:**

- If I disagree with any decision that affects my WIC eligibility or benefits, I have sixty (60) days from the date of notice to file an appeal and ask for a fair hearing to present the reasons for objection by me or by my representative(s), such as a relative/friend/legal counsel or other spokesperson(s).
- Information to request a fair hearing may be obtained from any Local WIC Office or from the State WIC Office at: Vermont Department of Health, WIC Program, 108 Cherry Street, PO Box 70, Burlington, VT 05402-0070. You may also call us to request a hearing at 1-800-649-4357.
- Continuation of benefits may be requested pending the outcome of the fair hearing appeal. The request must be filed within 15 days from the date of my Notice of Ineligibility. However, no benefits can be continued beyond a participant's certification period.
- WIC is an equal opportunity program. If I believe I have been discriminated against because of race, color, national origin, sex, age or disability, I may contact the Secretary of Agriculture, Washington, DC, 20250 directly, or request assistance from the WIC staff to do so.

### WIC Program Participant Responsibilities:

1. To avoid loss of WIC benefits, I must attend all WIC appointments.
2. If I cannot make a WIC appointment, I will call in advance to reschedule. If I miss a recertification or nutrition education class, WIC benefits may be reduced.
3. I will notify WIC staff when I change my address or move to a different city or state so my WIC can be transferred to a different district or state.
4. WIC foods are for the participating family member. I will not sell or give my WIC benefits to anyone else and will contact WIC if I need to change my food benefits.
5. All formula/medical food exchanges must take place at the WIC Office. Any unused infant formula must always be returned to the WIC Office.
6. I will keep my WIC card in a safe place, and I will not give my personal identification number to anyone except someone who will make WIC purchases as my additional head of household or proxy.
7. If my Vermont WIC card is lost or stolen, I will report this to the WIC Office immediately. I understand that it is possible the current month's benefits will not be replaced.
8. I understand that WIC benefits are to be purchased only at WIC authorized stores within the month designated and consumed by the participant for whom they were issued, and that unused benefits do not carry over to future months.
9. I am responsible for training my additional head of household or proxy to use the card at the store.
10. I am responsible to ensure that my alternate shopper adheres to these same responsibilities.

Disqualification, suspension, prosecution, and cash recovery may occur for:

- A. Misuse of WIC benefits such as exchanging/selling or intending to sell the Vermont WIC card or food items purchased with WIC benefits verbally, in print, online, or by any other method for cash, credit, or non-food items;
- B. Purchasing/receiving foods not on the WIC Approved Foods List;
- C. Physical abuse, threat of physical abuse, or verbal abuse to WIC or grocery store staff.

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

# VERMONT WIC Food Guide

Effective October 2016



# Tips for shopping with WIC



## Get the free WICShopper app.

Use your smartphone to scan items at the store to find out if they are Vermont WIC-eligible.

## ✓ Before you go shopping:



Watch the *Shopping with WIC* video to learn the basics of using your card. Watch it on [YouTube](https://www.youtube.com/watch?v=...) or at [healthvermont.gov/wic](http://healthvermont.gov/wic).



### ① Review your Family Food Benefits.

Make sure you know your current balance:

- Check your last receipt
- Call eWIC EBT Customer Service: 1-855-769-8890



### ② Choose from the WIC options.

Use the WIC Food Guide to help you identify the particular brands allowed by WIC.



### ③ Make a grocery list.

List the specific WIC food items you plan to purchase, including the package size, so you'll know what to choose at the store.

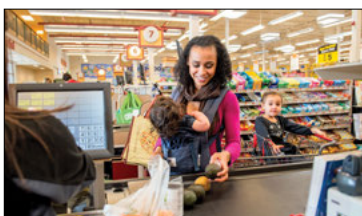
Not all products are available in every store. If there is a WIC item you would like your store to add, ask them at the customer service desk.



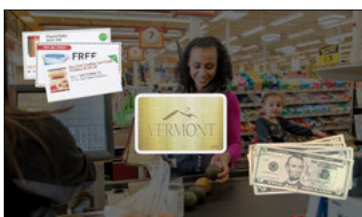
✓ **At the store:**



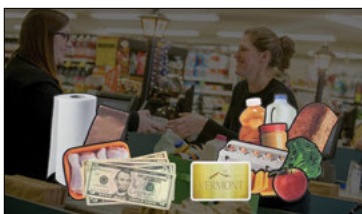
Look for Vermont WIC Approved Food shelf tags, or **WIC** on the shelf tags at Price Chopper and Hannaford to help you find WIC allowed food items in the store.



When you're ready to check-out, you can go to any lane with a cashier. Put your WIC-eligible foods first.



After all of your items have been scanned and totaled, give the cashier any coupons. When ready to pay, use your WIC card as the first form of payment. Swipe your card and enter your 4-digit PIN. You will then see the total dollar amount of the WIC foods you are buying and be asked to approve the purchase.



Some smaller stores may need you to keep your WIC items separate and swipe your card before any items are scanned to start the eWIC transaction.

**Save your receipt so you'll know your remaining balance for the month.**

## ✓ Things to take shopping:

- this Food Guide
- WIC card
- Coupons or store card
- Grocery list
- Reusable shopping bags

## ✓ Shop at participating grocery stores.

Contact your Local WIC Office for a complete list of WIC-approved stores. Shopping resources and store lists are also available at [healthvermont.gov/wic](http://healthvermont.gov/wic).



## ✓ Remember to spend all of your benefits each month.



Each time you shop, the WIC foods you buy are subtracted from your monthly total. Any food remaining in your account will expire at midnight on the last day of the month.



If you have a question about shopping or need to report a shopping issue, contact **your Local WIC Office**. eWIC EBT Customer Service is also available, 24 hours a day 7 days a week, at **connectebt.com** and **1-855-769-8890**.

- **Handle your WIC card carefully.** Report a lost or stolen card immediately to your Local WIC Office or customer service at 1-855-769-8890.
- **Family Food benefit changes.** Contact your Local WIC Office to make any changes to your benefits.
- **WIC foods cannot be returned.** WIC foods cannot be returned to the store for cash or exchanged for other items.

# Fruits & Vegetables

Provide a variety of vitamins, minerals and fiber

Amount        \$11 per month for women  
                    \$8 for per month for each child

**Size**            Any size containers, except single servings

**Restrictions**    White potatoes: Fresh only  
                         No added sugars, fats or oils  
                         Canned fruits must be packed in juice, not syrup  
                         No herbs, spices, salad kits or party trays  
                         No dried fruits or vegetables  
                         No salsa, stewed tomatoes, tomato sauce or paste  
                         No single servings

**Varieties**        Fresh, frozen or canned (see details next page)  
                         Regular or low sodium  
                         Organic allowed

**Any brand allowed**



Fresh produce sources change frequently during the season. If a fresh produce item does not scan as expected, let the store know so it can be added to their database.

## Fruits & Vegetables (continued)

<b>Fresh</b>	Allowed:	Any variety of fresh, organic or non-organic, fruits and vegetables, including fresh potatoes May be whole, cut, bagged or packaged
	Not allowed:	No salad bar items, salad kits, party trays with added food items (dip, dressing, nuts) No fruit baskets, dried fruits/vegetable No herbs, spices or edible blossoms
<b>Frozen</b>	Allowed:	Any brand and package type Any size (except single serving) Any organic or non-organic plain fruit or vegetable without added sugar or artificial sweetener
	Not allowed:	Products with non-fruit or vegetable ingredients (pasta, rice, cheese, etc) Vegetables with sauce
<b>Canned</b>	Allowed:	Any brand and container (can, jar, plastic) Any size except single serving Any organic or non-organic fruit or vegetable Any plain fruit or fruit mixtures packed in water or juice Any plain vegetable or vegetable mixtures
	Not allowed:	Fruit cocktails, fruit in syrup, fruit with added sugar Pickled or creamed vegetables Salsa, sauce (pizza, spaghetti or tomato), stewed tomatoes or tomato paste

## Use this chart to help estimate produce cost.

Price per pound	Pounds					
	1½	2	2½	3	3½	4
\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42	\$2.76
\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47	\$3.96
\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22	\$5.96
\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97	\$7.96
\$2.49	\$3.74	\$4.98	\$6.23	\$7.47	\$8.72	\$9.96
\$2.99	\$4.49	\$5.98	\$7.48	\$8.97	\$10.47	\$11.96

## How can I help my child eat more fruits and vegetables?

**Share the adventure.** Try some new fruits and vegetables. Shop together and let your child choose.

**Cook together.** Teach your child to tear lettuce or add vegetable toppings to pizza.

**Eat together.** Let your child see you enjoying fruits and vegetables at meals and snacks.

**Take it with you.** Put apples, oranges or sliced veggies in your bag for quick snacks on the go.







## ~~~~~ Make the most of your benefit ~~~~~

**Celebrate the season.** Choose fresh vegetables and fruits that are in season for the best quality and flavor.

**Try canned or frozen.** For quick side dishes and less prep time, canned and frozen fruits and vegetables are convenient, easy to store and recipe ready.

**Buy in bulk when items are on sale.** For fresh vegetables or fruits

you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

**Make it easy.** Buy whole vegetables and fruits. Wash, cut and keep in the refrigerator for ready-to-eat snacks or lunch box additions your family can enjoy anytime.



# Eggs

Good source of protein and iron

**Size** Medium and Large

**Restrictions** No enhanced or specialty (Omega-3)  
No organic

**Varieties** Whole dozen, White or Brown

**Any brand allowed**

# Milk

Good source of protein, calcium, and vitamins A & D

**Restrictions** No enhanced or specialty  
No flavored  
No organic  
No reduced-fat (2%)  
No glass bottles

**Cow's Milk** **Any brand allowed**

- Whole: For children 12–23 months
- Low-fat (1%) or Nonfat (skim)
- Lactose-free
- Shelf stable (UHT)
- Non-fat dry milk powder

**Size**  
Gallon, ½ gallon, quart  
Gallon, ½ gallon, quart  
Gallon, ½ gallon, quart  
Quart  
25.6 oz (makes 2 gallons)

**Goat's Milk** **Meyenberg brand only**

- Whole fluid: For children 12–23 months
- Whole powdered: For children 12–23 months
- Low-fat (1%) fluid
- Low-fat (1%) powdered

**Size**  
½ gallon, quart  
12 oz (makes 3 quarts)  
Quart  
12 oz (makes 3 quarts)



1 quart  
= .25 gallons



½ (half) gallon  
= .5 gallons



3 quarts  
= .75 gallons



4 quarts  
= 1 gallon

# Cheese

Good source of protein and calcium

**Size** 8 oz and 16 oz

**Restrictions** No imported or deli  
No flavored  
No organic  
No string, shredded or individually wrapped slices

**Varieties** Regular and low-fat allowed  
Block: Cheddar, Colby, Colby Jack, Monterey Jack, Mozzarella, Muenster  
Slices: American

National brands allowed



Store brands allowed



# Tofu

Good source of protein and calcium

<b>Size</b>	14 oz and 16 oz Choose a 16 oz package to get the maximum benefit
-------------	--

<b>Varieties</b>	Only specific types listed Must be calcium set (made with calcium salts) Organic allowed
------------------	--

Brands/Products allowed

**Azumaya**

- Silken
- Firm
- Extra Firm



- Silken
- Soft
- Firm
- Extra Firm
- Lite
  - Silken
  - Firm
- Sprouted Super Firm



- Firm
- Sprouted Super Firm



- Firm

# Soymilk Beverage

Good source of protein, calcium, and vitamin D

<b>Size</b>	64 oz Refrigerated 32 oz Shelf-stable
-------------	--

**Restrictions** No organic

Brands/Sizes/Products allowed



- 64 oz Refrigerated (½ gallon)
  - Original
  - Vanilla



- 32 oz Shelf-stable (1 quart)
  - Ultra Soy Original
  - Ultra Soy Vanilla



- 64 oz Refrigerated (½ gallon)
  - Original

# Yogurt









Good source of protein and calcium

<b>Size</b>	32 oz tubs 8 packs of 2 oz tubes
-------------	-------------------------------------

<b>Restrictions</b>	No pouches No artificial sweeteners
---------------------	--

<b>Varieties</b>	Whole milk yogurt: For children 12-23 months Low-fat or Nonfat: For women and children 2-5 years Organic allowed
------------------	--

## National brands allowed

 <p>32 oz tubs • Any flavor</p>	 <p>2 lbs (32 oz) tubs • Plain • Greek; Any flavor</p>
 <p>32 oz tubs • Greek; Any flavor 8 packs of 2 oz tubes • Any flavor</p>	 <p>32 oz tubs • All Naturals; Any flavor • Oikos Greek; Any flavor</p>
 <p>32 oz tubs • Greek; Any flavor</p>	 <p>32 oz tubs • Any flavor</p>
 <p>32 oz tubs • Original; Any flavor</p>	 <p>32 oz tubs • Smooth &amp; Creamy; Any flavor • Greek; Any flavor 8 packs of 2 oz tubes • YoKids Squeezers; Any flavor</p>

## Store brands allowed

					32 oz tubs • Any flavor
	32 oz tubs • Any flavor				32 oz tubs • Any flavor
No Light Vanilla			No Nonfat Vanilla		



# Beans, Lentils, Peas

Good source of protein, iron and fiber

<b>Size</b>	15 oz – 16 oz cans 1 lb package, dried
-------------	---

<b>Restrictions</b>	No added sugars, fats or oils No added vegetables, fruits or meats No soup mix
---------------------	--

<b>Varieties</b>	Canned or dried Any type of mature beans, peas or lentils Regular or low-sodium Organic allowed
------------------	--

Any brand allowed

# Peanut Butter

Good source of protein

<b>Size</b>	16 oz – 18 oz (plastic or glass jars)
-------------	---------------------------------------

<b>Restrictions</b>	No reduced fat No low sodium No organic No specialty peanut butters No peanut butter spreads No flavored or mix in ingredients
---------------------	---

<b>Varieties</b>	Smooth and Chunky
------------------	-------------------

National brands allowed



No Simply Jif  
No Natural Jif  
No Reduced Fat Jif



No Skippy Natural  
No Reduced Fat Skippy



No Reduced Fat Peter Pan

Store brands allowed

Any store brand



## Bean & Peanut Butter options:

If your Family Food Benefits list shows: **1 Peanut Btr/Beans/Peas** you can buy:



16 oz package dry  
beans, lentils, peas

OR



16–18 oz jar  
peanut butter

OR



4 cans 15–16 oz  
beans

## Canned Fish for Fully Breastfeeding Women



Good source of protein

Size	Mix and match up to 30 oz	
<b>Restrictions</b>	Cans only, no pouches No albacore No white tuna	
<b>Tuna (Chunk Light Only)</b>	Varieties: Packed in water or oil	Size: 5 oz
<b>Salmon</b>	Varieties: Packed in water or oil	Size: 5 oz, 6 oz, 7.5 oz, and 15 oz
<b>Sardines</b>	Varieties: Packed in water or oil (may include bones and skin)	Size: 3.75 oz
<b>Any brand allowed</b>		

## Whole grain choices:

When you select whole grains, choose bread, tortillas, rice or pasta up to the total ounces on your Family Food Benefits list (16, 32, 48 or 64 oz).

For example, you can buy 1 loaf of bread and 1 pound of brown rice to equal 32 ounces; or one 16 oz box of whole wheat pasta and one 32 oz bag of brown rice to equal 48 ounces.

32 oz =  1 lb (16 oz) loaf +  1 lb (16 oz) bag rice

48 oz =  16 oz box pasta +  32 oz bag rice

## ~~~~ Teach your kids about healthy foods ~~~~

Tell them how foods help them grow and make them strong.

- **Grains** give them energy to grow and learn.
- **Whole grains** have fiber to keep them healthy inside.
- **Vegetables and fruits** help them to fight sickness and stay fit.

• **Milk** makes their bones and teeth strong.

• **Meats and beans** give them healthy blood and strong muscles.

Best of all, show them by eating these foods yourself!



# Whole Grain Bread

Good source of fiber

**Size** 16 oz (1 lb)

**Varieties** 100% Whole Wheat, Whole Grain

National brands/products allowed



• Stone Ground Wheat



• 100% Whole Wheat



• Sunflower Flax  
Whole Wheat



• 100% Whole Wheat



• 100% Whole Wheat Stone Ground • Whole Grain Seeded Rye  
• 100% Whole Wheat Very Thin • Swirl 100% Whole Wheat  
Cinnamon w/ Raisins  
• Light Style, Soft Wheat



• Whole Wheat  
Honey & Oats



• Classic 100%  
Whole Wheat



• 100% Whole Wheat



• 100% Whole Wheat

Store brands/products allowed



• 100% Whole Wheat



• 100% Whole Wheat



• 100% Whole Wheat



• 100% Whole Wheat



• 100% Whole Wheat



• 100% Whole Wheat  
• 100% whole Wheat  
No Salt



• 100% Whole Wheat  
• No Salt Added  
100% Whole Wheat



• 100% Whole Wheat

# Tortillas

Good source of fiber

<b>Size</b>	16 oz (1 lb)
-------------	--------------

<b>Varieties</b>	100% Whole Wheat, Corn
------------------	------------------------

Brands/Products allowed



- White Corn
- Whole Wheat
- Yellow Corn



- White Corn, Taco Style
- Whole Wheat, Fajita Style



- White Corn
- Whole Wheat



- Whole Wheat



- Whole Wheat, Fajita



- Corn
- Whole Wheat
- Whole Wheat, Fajita



- Whole Wheat, Soft Taco
- Whole Wheat, Fajita
- Extra Thin Yellow



- Whole Wheat

# Brown Rice

Good source of fiber

<b>Size</b>	14 oz – 16 oz packages 28 oz – 32 oz packages
-------------	--

<b>Restrictions</b>	No added sugars, fats, oils or salt
---------------------	-------------------------------------

<b>Varieties</b>	Regular, Instant-cooking, Quick-cooking, Boil-in-bag Organic allowed
------------------	---

Any brand allowed



# Whole Wheat Pasta

Good source of fiber

**Size** 16 oz (1 lb)

**Varieties** 100% Whole Wheat Pasta  
Any shape

**Brands allowed**



## Choose whole grain

**Make simple switches.** Try whole grains in place of refined-grain products. Eat 100% whole-wheat bread instead of white bread, and brown rice instead of white rice.

**Try whole-wheat versions.** For a change, try whole-wheat pasta in macaroni and cheese,

or with tomato sauce. Use corn tortillas for enchiladas and whole wheat tortillas for quesadillas.



**Be a good role model for children.** Set a good example for your children by serving and eating whole grains every day with meals or as snacks.



# Cold Cereal

Good source of iron, B vitamins, and folic acid

**Size** Any size between 9 oz and 36 oz





- Varieties
-  Whole grain
  -  Gluten-free
    - Non-whole grain

National brands/products allowed










- |  |  |
|--|--|
|  Cheerios Ancient Grains  |  Fiber One Honey Clusters |
|   Cheerios Original    |  Plain Kix                |
|   Cheerios Multi-Grain |  Berry Kix                |
|  Corn Chex  |  Honey Kix                |
|  Rice Chex  |  Total                    |
|  Wheat Chex   |  Wheaties                 |



- |   |   |
|---|---|
| • Corn Flakes   |  Mini-Wheats Touch of Fruit in the Middle, Raspberry |
| • Crispix   |   |
|  Frosted Mini Wheats: Original, & Little Bites |  Rice Krispies (gluten free)                         |
|  Mini-Wheats (unfrosted)                       | • Rice Krispies (plain)   |
|   | • Special K Original  |



- |  |   |
|--|---|
|  Banana Nut Crunch | Honey Bunches of Oats   |
|  Bran Flakes      |  Almond Crunch   |
|  Grape Nuts       |  Honey Crunch    |
|  Grape Nut Flakes |  Vanilla Bunches |
|  | • Honey Roasted   |
|  | • With Almonds  |
|  | • With Cinnamon Bunches   |



- |  |   |
|--|---|
|  Life                             |  Oatmeal Squares Hint of Brown Sugar |
|  Oatmeal Squares Hint of Cinnamon |   |



-  Simple Granola

## Cold Cereal (continued)

Stores brands/products allowed



- Bran Flakes
  - Corn Flakes
  - Crispy Rice
- Frosted Shredded Wheat
  - Nutty Nuggets
    - Toasted Oats



- Bran Flakes
  - Corn Flakes
  - Crispy Rice
  - Crunchy Honey Oats
  - Crunchy Honey Oats with Almonds
- Frosted Shredded Wheat
  - Toasted Corn
  - Toasted Rice
  - Toasted Wheat



- Bran Flakes
  - Corn flakes
  - Crispy rice
  - Crunchy Nuggets
- Nutty Nuggets
  - Tosteeos
  - Toasted Corn squares
  - Toasted Rice Squares



- Bite Size Frosted Shredded Wheat
- Bran Flakes
  - Corn Flakes
- Corn Squares
- Crispy Rice
- Rice Squares
- Tosteeos



- Bran Flakes
  - Corn Flakes
  - Crispy Rice
- Frosted Shredded Wheat
  - Nutty Nuggets
    - Toasted Oats



- Bran Flakes
  - Corn flakes
  - Corn Squares
  - Crisp Rice
- Frosted Shredded Wheat
  - Rice Squares
  - Toasted Oats
  - Wheat Squares



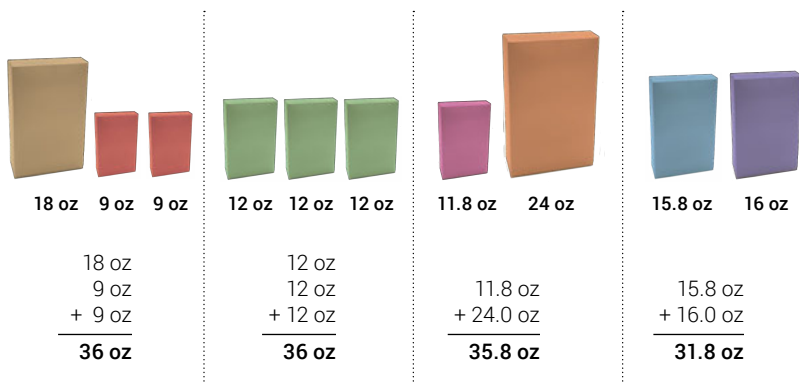
- Bran Flakes
  - Corn Flakes
  - Crispy Rice
  - Crunchy Nuggets
- Frosted Shredded Wheat
  - Rice Pockets
  - Toasted Oats



- Bran Flakes
  - Corn Flakes
- Crisp Rice
- Frosted Shredded Wheat
  - Toasted Oats

## Ways to buy up to 36 oz of cereal

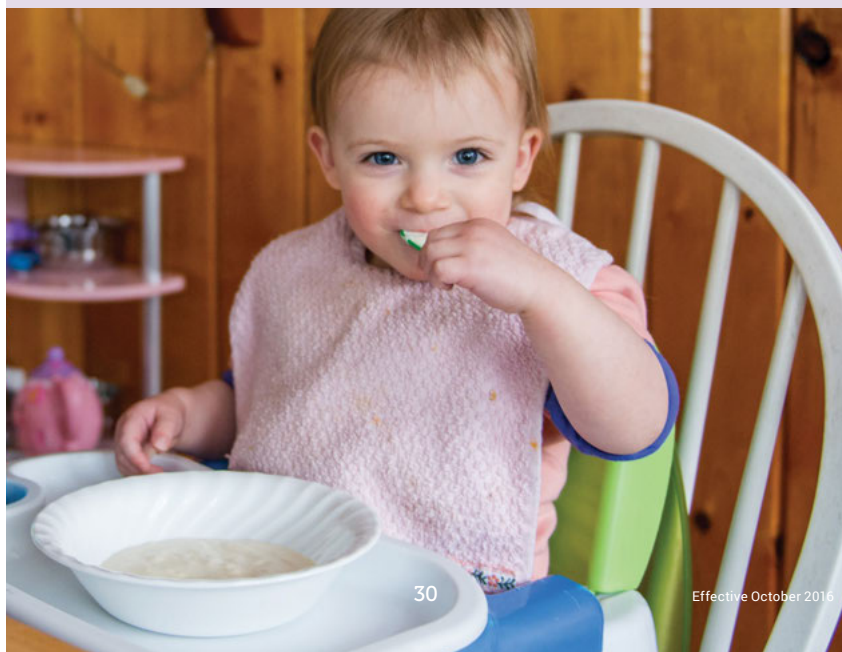
You may combine cereals up to the total ounces on your Family Food Benefits list.



## ~~~~ Breakfast starts the day ~~~~

**Eating breakfast gives children energy to learn.** If they don't eat, they get hungry and it is hard for



them to think or listen. Let them help you plan breakfast and set the table.



# Hot Cereal


Good source of iron and fiber

**Size** Varies; See Brands/Products below


Varieties  Whole grain  
 Gluten-free  
 • Non-whole grain

Brands/Products allowed





 Gluten-Free,  
14 oz




- 1 Minute, 28 oz
- 2½ Minute, 14 oz & 28 oz
- 10 Minute, 28 oz
-  Whole Grain (2½ min), 18 oz



 Maple Oatmeal,  
14 oz

 Vermont Style  
Oatmeal, 19 oz



 Original Instant Oatmeal  
Packets, 11.8 oz

Store brands allowed

**Any store brand hot oatmeal packets**

Plain or original only

No flavored

# 100% Juice for Kids

Good source of vitamin C

<b>Size</b>	64 oz Shelf-stable
	64 oz Refrigerated
	16 oz Frozen

Shelf-stable

64 oz

National brands/products allowed



- Any flavor



- Any flavor



- Apple
- Ruby Red Grapefruit
- Red Grape
- White Grape Juice



- Any flavor



- Apple
- Apple Cranberry
- Berry Blend
- Pineapple



- Grape (No light, No fiber or calcium added)
- 100% White Grape
- 100% Red Grape

Shelf-stable

64 oz

Store brands/products allowed



- Apple
- Grape
- Grapefruit
- Pineapple
- White Grape



- Cranberry Raspberry
- Grape
- White Grape
- White Grapefruit



- Apple
- Grape
- Grapefruit
- White Grape



- Apple
- Cranberry Raspberry
- Grape
- Grapefruit
- Pineapple



- Apple
- Cranberry Raspberry
- Grape
- Grapefruit



- Apple
- Berry Blend
- Cranberry Raspberry
- Grape
- Pineapple
- White Grapefruit



- All Natural Apple
- Grape
- Cranberry Raspberry



# 100% Juice for Kids (continued)

Refrigerated orange juice 64 oz  
Brands allowed



Any  
store  
brand

Frozen orange juice 16 oz  
Brands allowed



Any  
store  
brand

# 100% Juice for Women

Good source of vitamin C

**Size** 48 oz Shelf-stable  
11.5 oz and 12 oz Frozen

Shelf-stable 48 oz  
National brands/products allowed



- Any flavor
- No organic



- Any flavor



- Any flavor

Shelf-stable 48 oz  
Store brands/products allowed



- Apple
- Grape
- Vegetable



- Grape

Frozen 11.5 oz, 12 oz  
Brands/Products allowed

Any  
store  
brand

- Orange juice



- Orange juice
- Any style
- Grapefruit juice



- Green peel strip
- Any flavor



- Yellow peel strip
- Any flavor



- 100 % juice
- Any flavor

**Your baby is ready to try solid foods when he can do ALL of these things AND is around 6 months old:**

- Sit up with a just little support.
- Reach for things and put them in her mouth.
- Open his mouth to show he wants to eat.
- Close her mouth over her spoon and swallow her food.

## Infant Fruits & Vegetables

Provides a variety of vitamins, minerals and fiber

**Size** 4 oz containers (single and 2 packs\*)

**Restrictions** No added sugars, starches, rice or salt  
No dinners  
No pouches

**Varieties** Stage 2 or 2<sup>nd</sup> Foods  
Any variety single fruit or vegetable  
Any variety mixed fruit and vegetable

**Brands allowed**



**If benefit is:**

- 128 oz, purchase (32) 4 oz jars
- 256 oz, purchase (64) 4 oz jars

When buying infant foods it may be necessary to divide your purchase over the month, or to do two separate eWIC transactions, one after the other.

\*2 pack

# Infant Cereal

Good source of iron

<b>Size</b>	8 oz and 16 oz packages
-------------	-------------------------

<b>Restrictions</b>	No added fruit, formula or vegetables
---------------------	---------------------------------------

Brands/Products allowed



- Oatmeal
- Rice
- Multigrain
- Oat & Quinoa



- Whole Grain Oatmeal
- Whole Grain Rice
- Whole Grain Multigrain



- Oatmeal
- Rice
- Multigrain
- Whole Wheat
- Organic Brown Rice
- Organic Oatmeal

# Infant Meats for Exclusively Breastfed Infants Only

Good source of protein and zinc

<b>Size</b>	2.5 oz jars
-------------	-------------

<b>Restrictions</b>	No added sugar or salt No dinners
---------------------	--------------------------------------

<b>Varieties</b>	Stage 1 or 2 <sup>nd</sup> Foods Any variety
------------------	---

Brands allowed



**If benefit is:**  
• 77.5 oz, purchase (31) 2.5 oz jars

When buying infant foods it may be necessary to divide your purchase over the month, or to do two separate eWIC transactions, one after the other.

# Infant Formula

- You must buy the exact type and size container of infant formula listed on your Family Food Benefits list.
- If your baby needs a different formula, contact your Local WIC Office right away for help in making a change.
- WIC provides enough formula to meet most babies' needs. As babies get older and drink more, you may have to buy more formula.

## When preparing formula for your baby...

### Keep everything clean

- Wash your hands with soap and hot water.
- Clean all equipment and surfaces.
- New bottles, nipples and rings should be cleaned in hot soapy water then sterilized in boiling water.
- Continue to sterilize bottles, nipples and rings for baby's first 3 months.

### Use safe water

- Use cooled, boiled water for infant formula for the first 3 months of life.
- If using tap water, use only cold tap water for boiling.
- Most bottled water is not sterile and should be boiled before use.

Bacteria can get into formula when you are mixing it. Careful preparation and handling can reduce the risk of illness.



## Infant Formula (continued)

### Feeding your baby with a bottle

Newborns have tiny stomachs and need many small feedings—usually 8–12 feedings or more each day. Watch for feeding cues so you can offer a bottle when your baby is hungry.

- Babies enjoy being held at feeding time.
- Brush your baby's lips with the nipple and wait for her to accept the bottle into her mouth.
- Hold the bottle flat so that your baby can drink at his own pace.
- Hold your baby in your left arm for one feeding then switch to the right arm for the next feeding.
- Start with small amounts at feedings.
- Support your baby's head when burping.
- Your baby will let you know when he is finished; do not make him finish the bottle – this can lead to overfeeding.

### Feeding cues

#### Signs of hunger:

- Sucks on fist
- Makes sucking noises
- Puckers lips
- Fusses or cries

#### Signs of fullness:

- Closes lips
- Stops sucking
- Spits the nipple out
- Turns head away

### Warming a bottle

- You can warm a bottle in a small bowl of hot water, then shake.
- Do not heat a bottle in the microwave.
- After feeding throw away any formula your baby left in the bottle.



Vermont WIC  
Vermont Department of Health  
108 Cherry Street, PO Box 70  
Burlington, VT 05402

[healthvermont.gov/wic](http://healthvermont.gov/wic)

[wic@vermont.gov](mailto:wic@vermont.gov)  
1-800-649-4357

WIC is an equal opportunity provider